

PEEL WEEKLY NEWS

MISSISSAUGA | BRAMPTON | CALEDON

May 13, 2021



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Feds boost
crosstown with
historic transit
investment

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Best in business
honoured at
Board of Trade
ceremony

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\$250k
invested for
local art in
Lakeview

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Brampton
runner nets
invite for 125th
Boston run

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Enjoy the art of
healing as PAMA
celebrates
Museum Month

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Mental health top of mind as residents navigate pandemic

by Clover Sterling

Representatives from Peel Regional Police's COAST (Crisis Outreach and Support Team) speak to a resident earlier this year. Some residents have called for greater supports to be added to help deal with mental health struggles during the COVID-19 pandemic, including feelings of loneliness and isolation. (PWN File Photo)

As Peel Region readies for a vaccination blitz this weekend, the third wave of COVID-19 has some residents feeling like a ticking time bomb waiting to explode.

In interviews with Peel Weekly News, residents in Peel have expressed the sentiment that the mounting effects of COVID-19 have affected them, even if it's not immediately visible on the surface.

"(The pandemic) bothers me, but not in the way it does my friends who are parents having the daunting task of figuring out if they should go to work or stay at home with a child who has online learning," said Mississauga resi-

dent Linda Reeves, who says that her fatigue from the lockdown and the pandemic is a silent pressure that's always present.

"While (my friends) are figuring it out, I too am tired of it because I can't get to do the outdoor things I would do with friends and family as the weather gets better, so I'm sick of it at this point," said Reeves.

The push to vaccinate 75 per cent of Peel's population — a target goal set by the region's top health officials — has resulted in outreach efforts to communities with targeted pop-up clinics and resources, but mental health challenges remain a key concern, say advocates.

"Ontario's mental health crisis continues to build up," said Dr. Amer Burhan of the Ontario Shores Centre for Mental Health Sciences last week. "Few are surprised to learn the pandemic has eroded our collective mental well-being."

In a poll released in Mar. 2021 by Ontario's division of the Canadian Mental Health Association (CMHA), almost 80 per cent of Ontarians believe a post-pandemic mental health crisis is inevitable, as people reported never before seen levels of loneliness and despair due to isolation and provincial lockdown measures.

Continued Pg 9

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Black Community Engagement

Mayor Crombie will host six public consultation sessions with Black Residents and Community Leaders from May 6th to June 29, 2021.

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or email **BCE@mississauga.ca**



Feds boost crosstown lines with historic transit investment

by Alex Gregory

The wheels keep on turning.

Mississauga's Renforth Station is about to get another major boost, as the federal government announced Tuesday that it would be investing \$1.87 billion into the Eglinton Crosstown West Extension Project — a move that seeks to link rapid transit from the region through to Scarborough.

The funding was announced as part of a \$26.8 billion-dollar package for GTA transit projects, including the Yonge North Subway Extension and the long-discussed TTC expansion into Scarborough, as part of the province's plan to boost public transit.

Per the new funding, the planned Line 5 - Eglinton light rail transit (LRT) line would extend from the under-construction Mount Dennis Station at Eglinton and

Weston Road to Renforth Station, located beside the Kipling TTC station at the Mississauga-Etobicoke border.

The 9.2 kilometre extension is aiming to create 4,600 jobs and provide a big boost to transit connectivity in the GTA, said federal infrastructure minister Catherine McKenna, who billed the package as a "once-in-a-lifetime" investment.

"(This investment) will help get cars off the road, and the residents of Canada's largest community, especially essential workers, women, immigrants and youth, get around in faster, cleaner and cheaper ways," McKenna said Tuesday during a virtual launch event held by the federal government. "This historic investment is good for the city, the region and for Canada."

Under the new

federal funding, the Scarborough subway extension will receive \$5.5 billion, the 15.6-kilometre Ontario Line (Science Centre Station - Exhibition) would receive \$10.9 billion, and the Yonge North subway extension would receive \$5.6 billion.

The feds will kick in up to 40 per cent of each project's costs, totalling \$10.4 billion.

The investment, building off the province's \$28.5 billion transit plan announced in 2019, will not only seek to address high-volume traffic in subway stations, but will "also create thousands of good jobs and get gridlock traffic off the roads," said Prime Minister Justin Trudeau.

The province will handle the remaining 60 per cent of the capital costs for each project, with a series of requests for proposals (RFP) in the works for several

of the projects.

Despite that, McKenna told reporters that the funding wasn't tied to any plans of an election.

"This isn't about an election," McKenna said. "This is about restarting our economy and creating jobs."

Mississauga

Mayor Bonnie Crombie also thanked the federal government for the funding boost, noting that it would create more opportunity for transit riders.

"(I'm) pleased to see federal and provincial governments working together on these

important projects," said Crombie. "Not only will the Eglinton Crosstown connect (with) Mississauga's BRT (Bus Rapid Transit), completing an important east-west connection, it will create opportunity to get to Pearson (Airport) by transit quickly and easily."



Watch Council Meetings Live



Brampton nurse remembered as orgs push for LTC reform

by Surjit Singh Flora

More must be done to protect long-term care homes in Peel, advocacy groups said earlier this month, as the community mourned the death of a Brampton nurse who succumbed to COVID-19.

Lorraine Gouveia, a registered nurse who worked at the Maple Grove Community Care home in Brampton, died on Apr. 26 at Trillium's Queensway Hospital in Mississauga after contracting the virus.

The 54 year-old mother of three was recognized by the Association of Registered Nurses of Ontario (RNAO) in a statement earlier this month for her life's work as a nurse and support for patients.

"Lorraine has left us too early," the organization said in a statement. "We are honored for her commitment to being a registered nurse and her spirit of kindness. "We are mourning the loss of our dear member of 18 years of her best service to the community."

Other members of the community recognized her work in keeping residents safe and sound.

"She was shy sitting in the background, but she was a fierce activist behind the scenes," said Ken Evett, a servicing representative from the Service Employees International Union (SEIU). "She always had the best interest of the residents and her colleagues in her mind."

While the exact nature of how and where Gouveia contracted the virus wasn't immediately known, the RNAO said more must be

done to protect frontline workers amid the third wave of the pandemic.

"We urge the Ford government to immediately act on all the recommendations of the science table and the various long-term care reports," the organization said on May 1. "Not doing so is costing lives and hardship."

Gouveia's death also brought a spotlight to International Nurses Day, which takes place on May 12.

On this day in 1820, Florence Nightingale, the world's most famous nurse, was born. She was an English nurse, a social reformer and a statistician who laid the foundations of modern nursing.

Dorothy Sutherland, a US Department of Health, Education and Welfare official, first proposed Nurses' Day in 1953, and it was first celebrated in 1965. The International Council of Nurses commemorates this day by creating and distributing new subject educators and public information materials for nurses.

As of Dec. 31, 2020, more than 1.6 million health workers in 34 countries were infected with COVID-19, according to the ICN (International Council of Nurses).

According to the World Health Organization (WHO), "more than half of all health workers in the world are nurses, yet there is an immediate shortage of 5.9 million (2020) nurses worldwide, especially in small and middle-income countries."



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In need of a summer staycation? Look to Caledon!



Peter Whitaker
Publisher

With summer just around the corner and the province shut down for several more weeks, we need some good news stories, don't we?

Residents of all ages are likely looking to outdoor activities to keep their minds sharp, and I count myself among them — having had the first dose of the vaccine, I'm really eager to travel again and was thinking about local activities

west on King, you can start your journey. Please take in the beauty of the countryside roads and homes you will see along the way.

Take King to Airport Road and turn right, heading north, and in a few minutes, you will find yourself in the quaint village of Caledon East.

It's a nice short walk around with plenty of snack and gift shops (curbside pickup and takeout

This will take you west over to Hurontario, just south of the Caledon Hills and the Forks of the Credit Road. I could not begin to describe all the spots to visit on the west side of Caledon without mentioning places like Inglewood and Cheltenham — two very unique villages that look like time stood still for the last 150 years. Every turn has amazing things to look at.

Let's get back to the Forks of the Credit Road. If you start heading west, the first thing to notice is the houses.

Museum.

I actually saw it in its original site the last time I visited the area, and later visited it at the Museum. Its interior is full of carvings of people's names — and I mean every inch is covered!

As we head further west, we are almost into the Village of Belfountain, but just before you get there, the Caledon Ski Club is just a minute off the road on the right just before Belfountain.

Back on the road, just before you reach Mississauga Road, is a beautiful park with a tributary of the

gifts. It's not quite the general store I knew back in the 70's and 80's, but times do change.

Time to head south on Mississauga Road, with lots of great houses to view on the trip. Of note, just before you reach King Road, on the west side you will see the old Caledon Brick works, that still to this day mines the red clay of the hills to manufacture bricks.

Back in the day, train tracks went by those two large buildings, and in the 80's, a scene from the movie *Sophie's Choice* with actress



and sights.

I was fortunate enough to have traveled Caledon back in the mid 70's as a pool service person.

Our clientele were the who's-who of Toronto, with weekend homes that I was fortunate to see every week of my summers in the 70's and 80's.

My travels took me right across Caledon from Bolton on the East to the town of Erin of the West, and with today's technology and mapping on Google, it occurred to me that a great drive from Mississauga or Brampton to a start point up in Caledon is only 45 minutes away.

That drive will get you up to Bolton, located on Highway 50, and its downtown core at King Road. If you travel

for the moment, of course), but the one interesting place to visit can be seen as you come into the village.

Down the hill on the left hand side is a small space that train tracks use to go through the village, and a few feet from the road, CBC filmed scenes for a documentary showing the driving of the "Last Spike," a story of Canada being joined coast to coast by rail.

The very mention of filming in Caledon is not just a story, but could fill a book with all the stories that have taken shape in Caledon over the years.

There's a side street on the west side of the village, and if followed with a turn or two, it brings you to #5 Sideroad.

They are breathtaking and are everywhere — some sprawling mansions and properties to take your breath away.

As you travel along the road, it begins to wind down towards the Credit River. Years ago, there used to be a little ice cream shop at a nice resting spot right at the river. Just a few short yards ahead is a very famous train trestle that may also be of interest.

Now the fun part begins — the popular "S" turn climb up the hill towards Belfountain!

Halfway up the hill, you will see the train tracks and a few feet west of that point used to be an actual train station — one of the smallest ever built. It now resides up in the Dufferin County

Credit River running through it, a neat site to visit.

On the last turn into the Village, you come to the stop sign and on the left is the old town garage.

This was an active Esso gas station until the mid 80's, and I know that because I had rented it for my pool business back then. The guy that rented it to me told me to get the tanks filled and start selling gas.

When I talked to Esso, they wanted \$12,000 to fill the tanks — that was a lot of money back then, and when I did the survey, the number of cars not buying gas is why the other guy moved out!

The old general store there in the Village still sells sandwiches and

Meryl Streep was filmed there. If you see the movie, you will recognize the spot.

Back on the road, you will pass the stop sign at King Road — turn right and go down the hill along the Credit River again, and you come to another nice spot, Terra Cotta, with the old Tea House still operating as it has for decades and lots of sightseeing along the way.

Any road south will get you back to Mississauga, Brampton and Oakville, but if you do take this trip, make sure you stop and enjoy the fresh air and surroundings, as I have done for now close to 50 years.

In this day and age, peace of mind is more important than ever.

Opinion

Bill C-10 should focus on economy, pandemic, not social media control



**Surjit Singh
Flora**

Column

In Nov. 2020, Canadian Heritage Minister Steven Guilbeault introduced Bill C-10 in Parliament, which has been the subject of much discussion during his six-month journey to complete his two readings.

The bill was initially intended to amend the Canadian Broadcasting Act to bring companies such as Netflix, Spotify, Crave and Amazon Prime under the new regulations to account for part of the Canadian public's earnings.

Rogers, Shaw, and Bell are required by law to contribute a portion of their annual income to the Canadian Media Fund.

The Canadian Media Fund is an organization set up by the Stephen

Harper Conservative government in 2009 to fund the creation of Canadian content for the media. Large foreign companies, especially in the United States, have been avoiding this contribution.

The bill, which was brought for a good cause, included several provisions that have made it extremely controversial.

For example, the new proposed bill includes stipulations that a video or conversation posted on Facebook, Instagram, YouTube, etc., could be forced down by the federal government for seemingly any reason.

Critics say this would limit the right of ordinary Canadians to speak freely. Therefore, the Canadian social media system would enter a period of dictatorship.

It was understood that the parliamentary committee

evaluating the bill had released some excerpts on unique content last Friday, with some publicly dialing back the rhetoric to clarify it was not as restrictive. Despite these modest cuts, indirectly, ordinary Canadians are still at risk of being caught by the law.

The bill would make it possible for YouTube and Facebook, etc., to ensure that content created by ordinary Canadians meets CTBC terms and conditions. It is understood that the new bill will also apply to apps used on smartphones.

As far as the political approach to the bill is concerned, NDP leader Jagmeet Singh has taken a Liberal Party-like tone in which he has announced his support for it, on the condition of some amendments. Naturally, the Conservatives are opposed.

Leaving aside the

political rift, legal experts are wary of the negative impact of the bill. According to legal experts, the bill could be challenged for violating the charter.

So, Conservatives are up in arms over the amendments. Legitimate news outlets hope C-10 will control the pretending and fabrications in the media by right-wing junk mail that has eroded trustworthy journalism and reporting on real news.

In fact, the actual media has put out full-page ads concerning the direction these outlets are taking. I hope they define the term 'news' so pretenders cannot use it.

One thing is for sure — they actually will try to stop foreign countries from influencing democracy in Canada.

Like Russia and China, many countries have weaponized social media in the West

because of free speech.

Russia has a troll farm called the Internet Research Agency that promotes propaganda and targets voters, including Canada.

"In 2016, Russia launched more than 20 activities in 13 countries. 40 per cent of the activities were on Facebook, and nearly 90 per cent were on Twitter," a recent report claimed.

As time goes by, they become more and more subtle: No longer using false content to slander candidates or directly persuade voters, but use more efforts to polarize online conversations by subtle disruption.

In my opinion, rather than restricting freedom of speech, the feds should invest in software tools to stop robots, trolls, and fake accounts.

Overall, any direct or indirect ban on

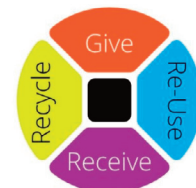
entertainment or politically critical content by ordinary Canadians should be opposed.

But when it comes to harming society by spreading hatred or lies on the Internet in the name of freedom of expression, such items in the bill are to be welcomed.

The problem so far has been that Facebook or YouTube could have removed the content that promotes hatred and violence, but it would have been challenging to do anything else.

In today's age of the Internet, where every citizen needs to be opened, there must be some degree of restraint.

Trudeau and his disciples should focus on the economy, jobs, and the COVID-19 pandemic instead of actions which could be construed by some as a "communist" agenda to stay in power.



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For some, sticking to rules makes lockdown easier

Continued from Pg 1

Over the past several weeks, city officials and top doctors have said that the public health measures and lockdowns put in place at various times during the pandemic were directed at both keeping people safe, as well as managing additional pressures COVID-19 patients would and could place on hospitals and the province's healthcare infrastructure.

To that end, officials including Brampton Mayor Patrick Brown and Mississauga Mayor Bonnie Crombie have called for a reopening of out-

door sports activities, saying that keeping such spaces open will engage residents and fight feelings of depression and fatigue -- a step even suggested by the province's Science Table late last month, which was not utilized by Premier Doug Ford, who defended his decision to keep such spaces closed because it would "limit mobility."

"The good news is the numbers are leveling off, so the protocols and the guidelines are working," Ford said Wednesday morning at Queen's Park, citing that he had "great respect" for

the Science Table's suggestions, but made the decision after receiving "a couple of messages to limit mobility."

After a decision to close playgrounds was made by the province during the Apr. 16 lockdown, the province eventually backed off due to public pressure, including public posts by politicians who indicated they would defy the order.

Other residents who have spoken to Peel Weekly News have related feelings of being "tired of being tired of COVID", while others say that "listening to the news updates

makes it worse".

The opinions of everyone varies based on what they have to deal with. For some, understanding the pandemic and sticking to the rules makes it easier to endure.

"What bothers me about the pandemic is the fact that we are in a serious lockdown where we just can't meet each other, yet there are people out there who are constantly saying 'I want to go out', when it's clear we cannot go anywhere because everywhere is closed," said Peel resident David Smith. "We all have to wait out the surge until we

get back to normalcy."

Smith emphasized that the present situation of a global pandemic is overwhelming, but says he just has to keep going.

Though the province's current

stay-at-home order is set to end on May 20, sources indicated that the lockdown may be extended into early next month in order to ensure case counts are lowered sufficiently.



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Man charged in armed pharmacy robberies

Investigators from the Central Robbery Bureau, along with uniformed officers from 11 Division, arrested a man in relation to a series of two pharmacy robberies.

On Friday, May 7, at approximately 11:35 a.m., it is alleged, a man entered a pharmacy in the area of Burnhamthorpe Road West and Glen Erin Drive in Mississauga.

The man was armed with a handgun, confronted the employee, and made a demand for OxyContin. The pharmacy did not stock the item, and he fled the area.

Shortly after, the individual proceeded to attend another pharmacy approximately 30 minutes later, around Credit Valley Road and Erin Mills Park-

way in Mississauga.

It is alleged the man confronted the employee while concealing a handgun under his shirt, making a demand for OxyContin. The employee complied.

Police had been contacted and arrived to see the man exiting the pharmacy. He was arrested after a brief foot pursuit. A replica firearm and the stolen prescription medications were recovered.

Jonathon Ridling, a 33-year-old man from Mississauga, was charged with two counts each of Robbery, Use Imitation Firearm and Disguise with Intent.

He was held for a bail hearing and appeared in the Ontario Court of Justice in the City of Brampton on May 8.

Development groups invests \$500k into public art boom

Rogers Real Estate Development Limited and Urban Capital Property Group have announced plans for a \$500,000 contribution towards public art in Mississauga.

Working with the City's Culture Division, as well as the Parks, Forestry and Environment Division, the funds will be used to commission new artwork to animate the public realm at M City—an 8-tower, 15-acre, 4.3 million sq. ft. master-planned community being developed at the intersection of Burnhamthorpe Road and Confederation Parkway.

“Our stated goal at M City has always been to develop a world-class community. Rogers has an enduring history with Mississauga, and we believe in the vision that was set forward in the Downtown21 masterplan,” says John Anderton, Vice President, Treasurer, Rogers Telecommunications Limited. “With the help of Urban Capital, our development team, and our colleagues

at the City, we continue to work towards a community anchored by iconic design, public spaces and parkland. Today's announcement brings us one step closer to that goal as we shift our focus towards animating the public realm.”

The \$500,000 contribution represents a net-new investment in public art, above and beyond previous contributions made by the development team.

Other initiatives announced to date at M City include the commissioning of new windscreen installations that will run the full length of the site along Burnhamthorpe.

The final design for the windscreens will be revealed later this year, at the conclusion of an invitational design competition being led by the City.

“Public art is an important element of what makes Mississauga a vibrant, creative and innovative city. We're excited that Rogers and Urban Capital

Property Group have made this significant commitment that will enhance the liveliness of the iconic M City development in our City's core,” said Mississauga Mayor Bonnie Crombie.

“This contribution will stretch beyond the geographical limits of this new development; it will serve to inspire local artists and residents across the city and help us grow Mississauga's thriving arts and culture community. We are also excited for the unveiling of the new windscreen installations next year. We are fortunate to partner with innovative partners like Rogers and Urban Capital, who are helping us advance our City's goal of being a hub for arts and culture.”

M City has begun construction on three of the proposed eight towers, while the fourth, M4, launched for sales this spring. As part of this phase of construction, work will commence on the two acres of parkland slated for

the community, as well as the extension of Mary Fix Creek walking trail via a new linear park.

New York-based urban design firm Cooper Robertson was initially brought on board to design the framework for M City. Their community design includes extending existing city streets on a unique, angular plane to create a fine-grained network of blocks, enabling a pedestrian-friendly environment.

“A lot of effort has gone into establishing Mississauga's downtown core. With the Absolute Towers serving as an identifiable eastern gateway, followed by a collection of great public spaces like Celebration Square, Civic Centre and the Living Arts Centre, our opportunity with M City has always been to define the western edge of downtown,” explains Mark Reeve, Partner, Urban Capital Property Group.

For more information on M City visit mcitycondos.com.

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Region confirms COVID death of employee

A Region of Peel employee has passed away due to complications related to COVID-19, it was revealed Wednesday.

The employee, whose identity wasn't known as of press time, was praised by Peel Regional Chair Nando Iannicca as a "remarkable person" Wednesday afternoon.

"I'd like to express my heartfelt condolences to the family,

friends and staff that worked alongside (them)... we are deeply saddened by this loss and hope to move through this difficult time together," Iannicca said in a statement.

The Region also confirmed Wednesday that flags at its offices would be lowered out of respect and to honour the employee's exceptional work and dedication.

Two under arrest after LCBO thefts

Two Mississauga residents have been arrested in connection to a string of robberies at LCBO locations, Peel Police said earlier this week.

11 Division and 12 Division said the charges were laid in relation to an investigation that launched in February, after the force received reports of a large number of thefts occurring at various LCBO's

throughout the city.

Further investigation revealed that a local business purchased the bottles from the culprits for profit.

Investigators executed multiple search warrants and, as a result, seized over \$115,000 worth of stolen alcohol and stolen property.

56 year-old Janusz Hapunik, of Mississauga, was charged with two counts

of fraud over \$5,000, one

count of fraud under \$5,000, three counts of using a forged document, trafficking and possession of stolen

property, among other offences, while 42 year-old Victor Karanikolov, of Mississauga, was charged with three counts of theft under

\$5,000, one count of trafficking in stolen goods and one count of conspir-

acy to commit an indictable offence.

Both men appeared last Friday (May 7) in Brampton court to answer to the charges.

Anyone with additional information regarding the investigation is asked to call investigators at the 11 and 12 Division Criminal Investigation Bureaus at (905) 453-2121, ext. 1133 or 1233.



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“Hockey Hub” nets vaccine boost with new coalition

Peel Public Health announced this week that it will be boosting vaccine efforts in the region with a new partnership as part of a new “Hockey Hub.”

The public health unit said Tuesday that it will partner with Bruce Power to bring together a coalition of organizations and establish one of the country’s largest vaccination centres.

The regional clinic, which will operate at the CAA Centre in Brampton, will be in service later this month and will use a ‘Hockey Hub’ model in an NHL-sized rink.

The new vaccine site aims to provide the region for thousands of daily vaccines, building on a model used in Grey-Bruce

that set a daily national record in April.

Dr. Lawrence Loh, the region’s medical officer of health, said the public health unit was pleased to offer an additional location for residents who want to get vaccinated.

“This unique partnership is another way that we’re working together in the fight against COVID-19,” Loh said Tuesday. “Vaccination of as many residents as possible is essential.” A number of organizations are providing support to set up and run the centre, which is expected to begin operating later this month.

“We are all in this together, and this is an example of how our province comes together in a very special way during

challenging times,” said James Scongack, Bruce Power’s executive vice president of corporate affairs & operational services, and co-chair of the Ontario Vaccination Support Council.

To date, Bruce Power has supported the establishment of a number of Hockey Hub vaccination clinics across the province, Scongack continued.

“We are pleased to work with Peel Public Health and this partnership of organizations to stand up new

capacity that could be one Canada’s largest vaccination centres to one of Ontario’s hardest hit regions as quickly as possible.”

The Hockey Hub model was developed by Dr. Ian Arra, Medical Officer of Health at the Grey Bruce Health Unit.

The model uses a streamlined flow-through process, which can administer more vaccines with fewer clinical staff than traditional mass vaccination clinics.

“The Hockey Hub model really is a game changer

in terms of efficiency and safety as we make every effort to get as many people vaccinated in as short as time as possible,” said Dr. Arra.

“Public Health has been the leader in managing the pandemic. This innovation is yet another example of how Public Health saves lives. The Grey Bruce Health Unit team has supported a number of jurisdictions in adopting this model and customizing it to their local needs. We are thrilled to be part of this

new partnership with Peel Public Health and Bruce Power to develop the Hockey Hub in Peel and the Greater Toronto Area.”

The Peel Region Hockey Hub at the CAA Centre in Brampton will be open to the public, and residents 18-plus can book their appointment through the Peel Public Health booking system or the provincial online booking portal.

For more information, visit the Hockey Hub website at peelvacinehub.ca.



THE 26TH ANNUAL MISSISSAUGA ARTS AWARDS

JUNE 17, 2021, 7PM

MAC's YouTube: Mississauga Arts Council



THE
MARTUS
2021

MacLeod talks COVID cultural impact during “Lunch & Learn”

by E.C. Munson, Special

What Does Recovery Look Like?

That was the question of the day as over 1,400 people tuned in Tuesday afternoon to hear the answer from the province's heritage minister during an online “Lunch & Learn” session.

Minister of Heritage, Sport, Tourism, and Culture Lisa MacLeod hosted the virtual event, which included a presentation by the province's top chief medical officer of health, Dr. David Williams, and Ipsos Public Affairs CEO Darrell Bricker on the various facets, trends, and predictions regarding the impacts of COVID-19 on the heritage, sports, tourism and culture industries — and how the province could move to a different normal over the next few months.

The focus of ‘walk your talk’ and show people how it is safe, fun, and worth it to engage with your business was supported by the statistics of the surveying done by Ipsos in understanding how consumer confidence and behaviours were trending, said Bricker.

Helping to bring home the messaging on a personal level, the audience was urged to think beyond the charts and numbers, and to remember that the bottom line was in dealing with people just like them.

Front of mind, the message was, “Whether it is your customers or volunteers, it is all about managing expectations.”

To that end the use of video clips to demonstrate what people can expect to experience when they are onsite was emphasized.

The reassurance of what will greet people is part of the picture along with vaccination saturation

tion and overall figures of infection rates in destination areas.

Polling indicated 75 per cent of people thought vaccination passports should be required to enter the country, 65 per cent saw them as needed for admission to large gatherings, and 47 per cent agreed that proof of vaccination should be shown to access shops, restaurants, and offices.

Polling participants said their highest levels of comfort were with outdoor functions compared to indoors, while on an international comparison, Canada showed as tentative in weighing overall anxiety versus opening up to

restart the economy.

In support for border closures, Canadians ranked highest whereas they ranked second most anxious in concerns for perceived risks of going on vacations. The polling also

showed that rapid testing did not inspire confidence to the same degree that masks, social distancing, and requirements of proof of vaccination did.

In line with this, the analogy used was to think of a dimmer switch, rather than an on or off switch, for reengagement of the public.

Similarly, the variables of actual location and numbers in destination areas would impact the degree of involvement of different groups.

While the desire to travel is still present, said MacLeod and others, there are a tremendous number of factors still in play that will deter-

mine how many Ontarians explore their province in the coming months.

The need for consistent and clear messaging about how it is safe, why it is fun, and here is what we offer, has never been more

important.

With that consideration, it is interesting to note that this ministry has the highest component of volunteer sector involvement, MacLeod indicated.

Whereas employees can be told to do things, volunteers get to make choices; their commitment is based on what they value and choose to do.

These groups are largely dependent on volunteers: from boards of directors to fund raising; staffing shops and galleries; promotion and marketing to social media; writing grants; organizing practices and transporting players to league playoffs; funding and maintenance of historical sites and

premises; and program development of all arts and cultural types ongoing which the public can access virtually or onsite.

Along with the commercial for-profit venues, the cultural backdrop and ambience in

MacLeod.

There is vital work to be done as organizations and groups in this ministry continue to struggle with the restrictions imposed by the pandemic.

Unpacking the implications of such heavy dependency on volunteer labour and donors' dollars means examining overall funding structures.

While some of the questions that arise are internal, can organizations let their fates depend on such high degrees of volunteer labour and fundraising, other questions are best directed to different levels of government.

What financial resources can be directed to community groups and organizations for staffing?

Are there some recommended models for shared access to a communication hub with professional promotion and marketing services as opening up continues? What training can be developed and offered for internal positions in organizations? Are there consulting services available to help conduct a SWOT analysis on the operation models of groups?

With much to explore locally and across our beautiful province, those high hopes for safe adventures can be fulfilled in the coming months by showing people how it is safe, why it is fun, and what to expect, indicated MacLeod.

destination areas depends on these volunteer driven groups and organizations.

That includes places to eat, shop, and stay over at require a context that helps to establish and stamp a unique identity on a place.

With so much to discover and many places to stand in the province, recognizing the identity and brand developed in the many tourism districts means acknowledging the immense contributions in unpaid hours and dollars donated by volunteers in keeping various historical, sports, cultural and arts events, and organizations viable, said

A milestone anniversary for Digital Accessibility Awareness Day

by Catherine Soplet

On May 20, 2021, the tenth anniversary of Global Accessibility Awareness Day (GAAD) will be celebrated around the world — and a local organization will be recognizing the occasion in style.

“We are able,” says Carol-Ann Chafe, who in 2018 founded the local non-profit entrepreneur’s hub, Access 2 Accessibility (A2A), which will be promoting “Inclusion for All” at this year’s online event.

Chafe is a member of both the Region of Peel and City of Mississauga Accessibility Advisory Committees, and says this year’s event will be one of the biggest yet.

“The purpose of GAAD is to get everyone talking, thinking and learning about digital access and inclusion,” says Chafe.

“Digital access must be extended to include the more than one billion people worldwide with disabilities or impairments.”

Visual, hearing, motor and cognitive barriers are not normally a consideration until and unless you or one of your loved ones is affected. Aging and injury eventually will affect every person, however temporarily.

Developers such as Microsoft are testing, and developing, adaptations with disability community that bridge across platforms, including web, software and mobile devices.

Apps have been developed to translate text words into voice-over for the blind, and to translate sound into text words for the deaf.

The COVID-19 pandemic has accelerated the pivot of business, services, government and social connection into web-based platforms.

The conversion risks leaving many people behind.

For example, people who are blind need alternative text or vocalized descriptions to bring

meaning to images.

Keyboards are used instead of a computer mouse to engage with interactive elements.

Cognitive accommodations for people with different learning disabilities or impairments include being able to view an uncluttered screen, have consistent navigation prompts, standardized icons and website information in plain clear language.

In 2020, leading website accessibility expert WebAIM (Website Accessibility in Mind) analyzed one million website homepages for accessibility issues using its industry standard Web Content Accessibility Guidelines (WCAG 2.0).

The analysis — and subsequent report — found that 98.1 per cent of those homepages had a least one content accessibility guidelines failure, which lessens the number of people who could use each site.

The average number of errors per homepage was 60.9, according to WebAIM, which was established in 1999 as a non-profit organization based in Utah.

This year, Access 2 Accessibility is celebrating GAAD for its fourth year with two webinar events, on Wednesday evening (May 12) and May 26.

On May 12, Microsoft explored web-based products. Since its start-up in 2018, and before pandemic lockdown in 2020, A2A has been a community partner with access to Microsoft Learning Places to convene free monthly meetings at first at Square One, then in 2019 in Yorkdale and Toronto Eaton Centre.

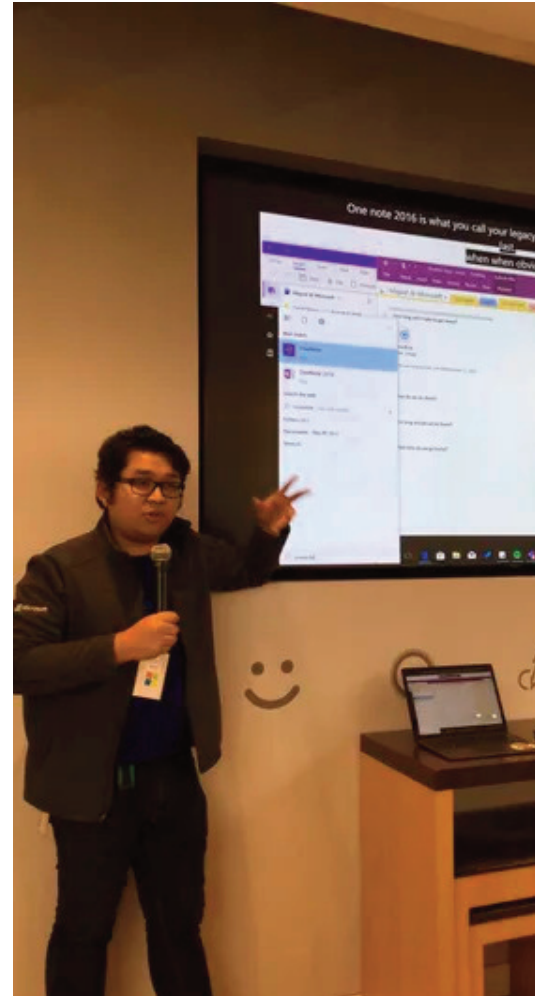
When the COVID-19 pandemic hit in 2020, Access 2 Accessibility continued its support by holding two free virtual events every month.

On May 26, to coincide with Na-

tional AccessAbility Week (NAW) running May 30 to June 5, A2A will host the Canadian Transportation Agency in a webinar on accessible travel. NAW’s theme for 2021 is “Disability

Inclusion: Leaving no one behind.”

For details and to register for the events, visit the Access 2 Accessibility website at access2accessibility.com/events.



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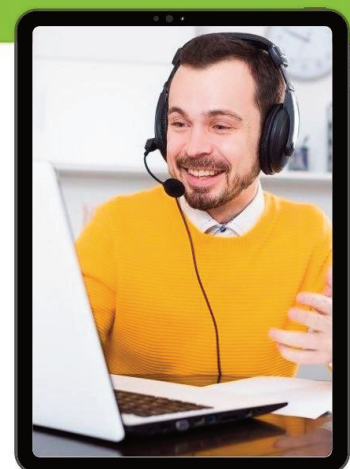
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Former Brampton MP lends help to COVID victims in India

by Surjit Singh Flora

A former Brampton MP is lending her support to the fight against COVID-19 in India.

Former Brampton-Springdale Liberal MP Dr. Ruby Dhalla, who served from 2004-2011, has come forward to help raise funds and provide much-needed equipment in the country's fight against the virus.

In addition to donating oxygen machines to Indian hospitals, Dhalla told Peel Weekly News Wednesday that she would be helping to raise funds to help Punjabi residents dealing with the virus.

"It is unfortunate to see our children, parents and the elderly suffering due to lack of life-saving oxygen supply," Dhalla said. "Our Gurus have taught us to work and serve the

people. I consider myself a servant and am helping in this challenging time. Sikh brothers and sisters around the world are also supporting... if we can save anyone's life with our actions, our campaign will be successful."

She called on those who are able to help her raise funds to purchase oxygen equipment during this difficult time.

With the help of Gina Pohani, an NGO (non-governmental organization) has also been formed, and Dhalla said Wednesday said she was in talks with the Indian High Commissioner to buy a mobile oxygen machine from a Canadian company. All funds raised will be spent on the sick and those in need of oxygen.



Poetry Writing Contest

Deadline: September 30, 2021

Submit your poetry for a chance at winning \$100 1st, \$75 2nd or \$50 3rd Indigo Gift Certificate prizes.

In association with Mississauga Arts Council
and Peel Weekly News

For submission guidelines and to submit,
email submissions@mississaugawritersgroup.com

Kidnapping suspect nabbed after investigation

The suspect at the centre of a high-profile kidnapping has been arrested, police said Tuesday.

Kwami Garwood, a 21-year-old man wanted by Peel Police for kidnapping and several firearm related offences during an incident in Brampton this past March, was arrested by officers with the Timmins Police Service during an unrelated investigation.

On Sunday,

Mar. 28, officers responded to a residence on Adventura Drive in Brampton regarding a disturbance.

An interaction occurred between officers and the male suspect, and he subsequently fled the area with the female victim in a vehicle. The vehicle was found unoccupied a short distance away.

As a result of the interaction, the Special Investigations Unit invoked its mandate

and conducted a separate investigation. One day later, the female victim from the kidnapping was located safely at 22 Division, Peel Regional Police.

Garwood was arrested Tuesday and charged with multiple offences, including one count of kidnapping, forcible confinement, aggravated assault, possession of a restricted firearm and other charges.

Garwood ap-

peared in Brampton court Wednesday morning to answer to the charges. Additionally, Garwood was wanted by the

Toronto Police Service in relation to a homicide that occurred in July 2020.

Anyone with information regarding the incident is

asked to call 22 Division's Criminal Investigations Bureau at (905) 453-2121, ext. 2233.



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Port Credit, ON, Canada

Phone Number:

(905) 486-0191

Email Address:

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COVID-19 epidemic could have been averted, panel indicates

by Surjit Singh Flora

The COVID-19 epidemic could have been avoided, a new independent panel has suggested, but a poisonous mixture of suspense despite the warnings and inadequate coordination worsened the situation.

The Independent Panel of Pandemic Preparedness and Response (IPPPR), set up by the World Health Organization last fall, said in its awaited final report Wednesday that a number of wrong decisions have killed at least 3.3 million people and destroyed the world economy.

The panel said the COVID-19 virus was detected in Wuhan, China, in Dec. 2019, but despite the alarm bells ringing, the response from governments remained weak, and Feb. 2020 proved fatal.

The panel called on rich countries to donate one billion doses of vaccines to poor countries to tackle the current epidemic, and for wealthy countries to provide funding to set up new institutions to counter the next pandemic.

At the World Health Organization's request, the report was co-authored by former New Zealand Prime Minister Helen Clark and former Liberian President

Ellen Johnson Sirleaf, who was awarded the Nobel Peace Prize in 2011.

The report, titled "Covid-19: End This Epidemic," suggests overhauling the global warning system to prevent further catastrophes.

In less than a year and a half, COVID-19 has infected at least 162 million people and killed more than three million, with some reports suggesting the actual global death toll could be twice as high as the official figures.

"The situation we are facing today could have been prevented," Sirleaf told reporters. This situation arose due to failures, shortcomings and delays in preparation and response. What needed to be done was not coordinated, representatives from the panel suggest, and the epidemic was allowed to turn into a terrible humanitarian crisis.

The panel did not spare the World Health Organization, either. It said the organization should have declared the epidemic a "public health emergency of international concern" on Jan. 22, 2020. It took eight more days to make the announcement. Countries ral-

lied after the World Health Organization declared it an epidemic in March.

Clark said there had been delays in controlling the virus in China, but other countries had the panel asked wealthy countries to donate one billion vaccines to 92 poor countries by September and another two billion by mid-2022.

The G-7 group of industrialized nations will contribute 60 per cent of the 19 billion doses needed for vaccines, diagnosis and therapy in 2021 through the World Health Organization. The rest of the money will be given to G20 countries.

The World Health Organization (WHO) and the World Trade Organization (WTO) should also persuade the major vaccine manufacturers and manufacturers to pass on licenses and technology to others, the report states.

If this is not done within three months, the report goes on to say, the intellectual property rights granted to the companies should be immediately revoked. To prevent further catastrophe, the G20 should set up an international epidemic and spend \$5 to 10 billion every year.

Clark said the epidemic

has made it clear that "billions must be invested" to save the lives of individuals worldwide.

The panel also suggested overhauling the World Health Organization to give it more control over funding and more leadership, speed up its alert system and give it the right to dispatch experts without having to wait for the approval of the government of the country where the disease is spreading.

The panel believes that COVID-19 could have been prevented from becoming an epidemic if it had been prepared earlier.

In a statement made after the release of the report, World Health Organization Director-General Tedros Adhanom said he would share the report with the 194 member states and work to strengthen the organization to keep the world healthy.

He also said that COVID-19 infestation was declining in most regions, including European and American countries. He has criticized vaccine diplomacy in the past, and suggested that COVID-19 would not be defeated if poorer countries are not helped.



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BUSINESS

Best in Brampton business honoured at virtual ceremony

It was another banner celebration for local business in Brampton last Thursday, as leaders from across the region came together to celebrate the achievements of entrepreneurs and organizations during the Brampton Board of Trade's (BBOT) Business Excellence Awards.

The online ceremony, hosted last Thursday, gathered over 150 business leaders from across the region online, who joined co-hosts Michelle McCollum and Daniel Lewis for an evening of celebration, entertainment and recognition for businesses of all sizes.

The night kicked off with music, a virtual mocktail tutorial, interactive graffiti wall and DJ lessons from 2020 Recipients Math thru Music before the main event, which

honoured recipients in 12 categories.

Award recipients have demonstrated success, innovation and passion in their respective fields, distinguishing themselves and their businesses for excellence during the business year, and included both small and large businesses and multinational corporations.

"Brampton is 'poised for greatness', and with an unprecedented list of nominees, this year's gala celebrated (businesses) who are propelling Brampton forward as one of the most innovative cities in the country," said BBOT CEO Todd Letts. "Many of our nominees are pushing boundaries and redefining their respective industries."

Of the 86 nominations, the winners included the following busi-

nesses and individuals:

- Zochem ULC (Advanced Manufacturing)
- Almag Aluminum Inc. (International Trade & Investment)
- Hop In Microtransit Technologies Inc. (Innovation)
- Ravinzangel (Arts & Culture)
- Razor Creative Solutions Inc. (Business Services)
- Clorox Company of Canada (Community Impact for Profit)
- Regeneration Outreach Community (Community Impact Not for Profit)
- Social Eats Media (Food & Beverage)
- Sheridan College (Healthy Workplace)
- William Osler Health System (Life Sciences)
- eShipper (Logistics)
- The Scented L'air (Retail)
- Heather Strati

(Chairs Award)

This year's Business Person of the Year recipient was awarded to Vito Ciciretto, the CEO and President of Dynacare Canada.

Ciciretto was recognized as a passionate change agent who specializes in building high-performing leadership teams that focus on results.

Since the beginning of his career, he has brought a relentless commitment to customer satisfaction and a

drive for continuous improvement to his positions, while serving as a compassionate, decisive and inspiring business leader.

While Dynacare laboratory teams worked diligently to validate and implement COVID-19 specimen testing at several lab locations – beginning with their main lab in Brampton – Dynacare courier teams transported COVID-19 specimens in communities across Canada

as customer care and operations teams in Manitoba reported negative results on behalf of public health.

Additionally, while the pandemic led many businesses to reduce expenses and postpone projects, Ciciretto was recognized as a business leader who pushed forward with innovative solutions, key investments and important programs.



Peel pushes for marathon doses as vaccine efforts continue

The heat is on. Peel Region embarked on its biggest push to date as it ramps up vaccination efforts throughout the three cities, marketing the "largest vaccine week to date."

The region moved into the next phase of its mass vaccination plan Monday after receiving

prioritized doses from the provincial government, and in a statement, said it aims to deliver 150,000 needles in arms by the end of this week – as it seeks to hit a 75 per cent vaccination target.

"This (week) represents the most exciting moment of our vaccination cam-

paign to date," said Peel's medical officer of health, Dr. Lawrence Loh. "The additional doses we have received are allowing us to deploy planned expansions and initiatives to move our vaccination program into a higher gear."

An additional 10,000 appointment slots have

been added for residents aged 18 and older in Peel, while mass vaccination clinics have extended their hours and mobile workplace popup clinics have opened at key sites throughout Brampton and Mississauga.

For more information, visit peelregion.ca.



Community partners plan \$250k investment for local art in Lakeview

Lakeview Community Partners Limited (LCPL), the developers behind Lakeview Village, announced Wednesday morning that it will be launching the next phase of collaboration with Artscape to commission a new series of public art set to animate the development site and its future Discovery Centre in 2021 and beyond.

The new initiative will create over \$250,000 in paid work opportunities for artists in the region.

The new round of collaboration follows from the initial phase of the LCPL-Artscape partnership, first launched in 2020, which pro-

vided paid work opportunities for 19 GTA artists who created a dynamic series of artistic works for the Lakeview Village site.

The completed pieces encompassed over 1,600 linear feet of artistic works on the construction hoarding of the future Discovery Centre, and an interactive sculpture.

The combined 2020-2021 program investment now totals over \$350,000 toward creating work opportunities for the region's artist community during the pandemic.

The newest phase of the artist-led program is a continuation of LCPL's

vision to transform Mississauga's waterfront through placemaking and to redefine the way the community engages and connects with art, said the developer.

"We are strong believers in the power and significance of public art and its profound ability to enhance the built form, everyday environment, and quality of life," said Brian Sutherland, the vice president of development at Argo Development Corporation, and development lead for Lakeview Village.

"The integration of arts and culture is a central component of our vision for Lakeview Village

to create a true, vibrant sense of place that will radiate from the community. Engaging local artists in the process is something we have worked extremely hard to prioritize throughout the construction phase and will continue to do so in the future."

The first commissioned artwork for the Phase 2 program will be the Discovery Centre Sculpture Project, creating an impactful destination and serving as a landmark on the site.

The sculpture will be situated on the grounds of the future Lakeview Village Discovery Centre, currently under construction and slated to open later this year.

The Discovery Centre will be an immersive and interactive community hub used for activations and programming, art and educational exhibitions, and food, culture and music experiences, and will be a primary home for community engagement throughout the Lakeview Village

project buildout.

It will also act as the future sales and education centre for the development and its many facets.

During Phase 1 in 2020, Artscape Atelier commissioned 19 artists to create murals on hoarding, an Indigenous poem and a large-scale sculpture with interactive lighting within the sunflower field, and for the second phase of the collaboration, mentorship will be a key component, said the organization's CEO, Grace Lee Reynolds.

"(This phase aligns) with our vision of expanding the landscape for public art and to create opportunities for emerging artists to expand their knowledge, skills and experience within the realm of public art," said Reynolds, who noted that the opportunities are intended to support the project's development cycle over the next decade.

Art collective Studio F Minus has also been selected for a sculpture project, with the intent of exploring the

powerful relationship between humans and the natural world, integrating themes such as transformation and connection, inspired by lakeside elements such as wind and water.

Their sculpture, entitled Composition for Wind, will be developed over the next several months, said a representative from LCPL.

The hoarding art will also be repurposed later this year to create an animated art walk surrounding the future Discovery Centre site, taking visitors through the Lakeview Village sunflower field, and to the new sculpture as a pinnacle moment, all in a safe outdoor environment.

Local artists Soon Cho and Alex Anagnostou have been selected as mentees to work closely alongside Studio F Minus throughout the sculpture development process.

For more information, visit the project website at mylakeviewvillage.com/art-of-place-making.


An advertisement for the Lakeview Farmers' Market Call for Artists. It features a man in a white shirt and blue overalls painting a landscape on an easel. The text "CALL FOR ARTISTS" is prominently displayed in large white letters. Below it, "LAKEVIEW FARMERS' MARKET" is written in smaller white letters. At the bottom, the "CreativeHub1352" logo is shown with the tagline "connect | collaborate | create".

CALL FOR ARTISTS

LAKEVIEW FARMERS' MARKET

CreativeHub1352
connect | collaborate | create

An advertisement for the CACD Spring Program. It features a smiling man in a plaid shirt holding a book. The text "CACD SPRING PROGRAM EDUCATIONAL & EMPLOYMENT AND OCCUPATIONAL DEVELOPMENT" is written in large, bold letters. Below it, "APRIL 4TH TO JUNE 30TH" and "THE PROJECT MAIN SIX COMPONENTS" are listed. The components include: Improve Academic and Educational Skills Development/Health and Wellness, Employment and Occupational Development, Leadership and Mentorship, Digital Literacy & Innovation skills for future jobs, Black Canadian History/Anti-Black Racism and Discrimination, and Start-up Business, Entrepreneurship & Financial Literacy. A green box at the bottom says "COST: FREE" and another green box says "CONTACT RON - 647-339-2223".

CACD SPRING PROGRAM
EDUCATIONAL & EMPLOYMENT
AND OCCUPATIONAL DEVELOPMENT
APRIL 4TH TO JUNE 30TH
THE PROJECT MAIN SIX COMPONENTS

- Improve Academic and Educational Skills Development/Health and Wellness
- Employment and Occupational Development
- Leadership and Mentorship
- Digital Literacy & Innovation skills for future jobs
- Black Canadian History/Anti-Black Racism and Discrimination
- Start-up Business, Entrepreneurship & Financial Literacy

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(Magdalena, Lash Mania Studios)

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MAY 12, 2021 & MAY 26, 2021 **GLOBAL ACCESSIBILITY AWARENESS DAY (GAAD)**

Access 2 Accessibility celebrates GAAD with 2 live virtual events.

GAAD is celebrated around the world by organizations with a mission of 'Accessibility Inclusion for All'. Mississauga organization, Access 2 Accessibility, is once again hosting GAAD events: May 12th Pre-GAAD event with Microsoft, and a Post-GAAD event with the Canadian Transportation Agency on the 26th. Both events are free, live, and interactive with attendees able to ask questions/comments.

Events take place on Wednesday evenings (May 12 & 26) starting at 7:00pm – 8:30pm

For more details:

<https://access2accessibility.com/events>



May 12th
Learn accessibility
in Microsoft
programs such as
Word, Excel, and
Microsoft Teams.

May 26th
Learn about
Accessibility in
Canadian
Transportation
Agency for business
and personal travel
in Canada

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Inclusion for All

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ACCESS 2
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<https://access2accessibility.com/>

Recipe acquires ownership interest in GTA-area burger brands

Vaughan-based Recipe Unlimited Corporation, the company behind many major Canadian fast food chains in Peel Region and beyond, announced late last week that it has completed the acquisition of Crave It Restaurant Group's ownership interest in both The Burger's Priest and the 'Fresh – Crave It – Recipe' joint venture, in a bid to boost new market growth throughout the GTA.

In a statement last week, Recipe confirmed that it would be acquiring Crave It's ownership interest in both brands for cash

consideration, funded through its existing credit facility.

New Fresh Restaurants location in Mississauga and Etobicoke, including an under-development location at Sherway Gardens near the Mississauga-Toronto border, are part of the ownership interest, a spokesperson from Recipe confirmed.

In 2017, Recipe acquired Burger's Priest founder Shant Mardirosian's ownership interest in the chain, and its operating and growth partnership with Crave It, which was initially

formed in 2013.

Since then, The Burger's Priest has grown to 25 corporate locations including 23 in Southern Ontario and 2 in Edmonton, Alberta with an additional 3 locations under development.

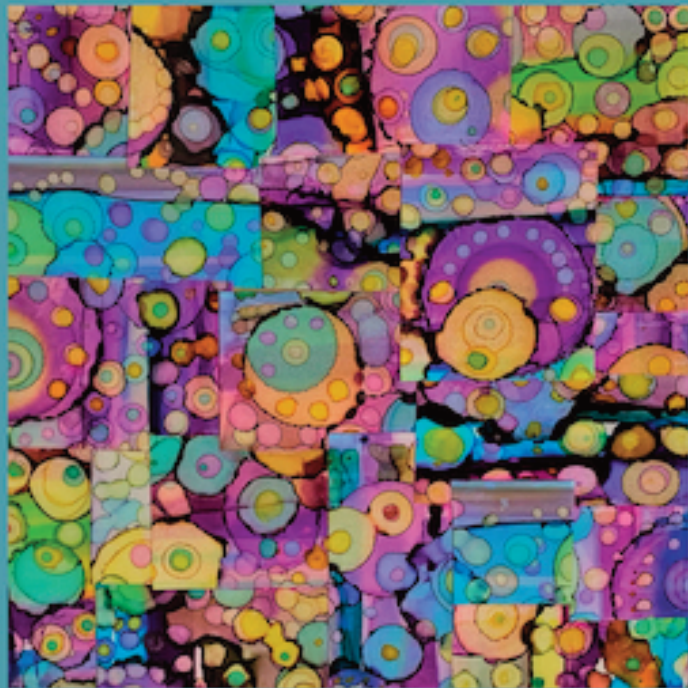
"Both The Burgers Priest and Fresh Restaurants are dynamic omni-channel brands that have very loyal customer followings," a Recipe spokesperson said Thursday. "(We are) excited about the future potential of these dynamic brands and thanks the Crave-It team for their partnership and contribu-

tion to the growth of both brands."

Recipe manages numerous fast food chains throughout Canada, including Swiss Chalet, Harvey's, St-Hubert, The Keg, Milestones, Montana's, Kelsey's, East Side Pubs, Bier Markt, Landing, Original Joe's, State & Main, Elephant & Castle, The Burger's Priest, The Pickle Barrel, Marigolds & Onions, 1909 Taverne Moderne, Fresh and Ultimate Kitchens. As of Mar. 28, it operated 1,330 brand locations in Canada.

Headwaters Arts Gallery

ReLaunch 2021



March 13 - May 24

Artists:

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Alice M. Edwards, Del Foxton, Kayla Jackson, George Kuipers,
Brenda LaRose, Iris Ranieri, Anne Schnurr

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www.headwatersarts.com

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SPORTS

Brampton runner receives invitation for 125th Boston run

by Surjit Singh Flora

A noted Brampton runner will be taking part in one of the biggest distance races of the year.

According to information received from Toronto Pearson Airport Running (TPAR) Club Chairperson Sandhura Singh Brar earlier this week, the club's founding member Dhyan Singh Sohal will be participating in the 125th annual Boston Marathon on Monday, Oct. 11, 2021.

The 65 year-old

runner received an invitation via e-mail from the organizers of the race to take part in the world-famous event, which will take place in-person this fall due to efforts to vaccinate residents in the U.S.

Brar told Peel Weekly News that it was "a matter of great pride for his club" that a member had been selected to take part in the world-class race, and that 8-10 members of the club would accompany Sohal to

Boston to encourage him.

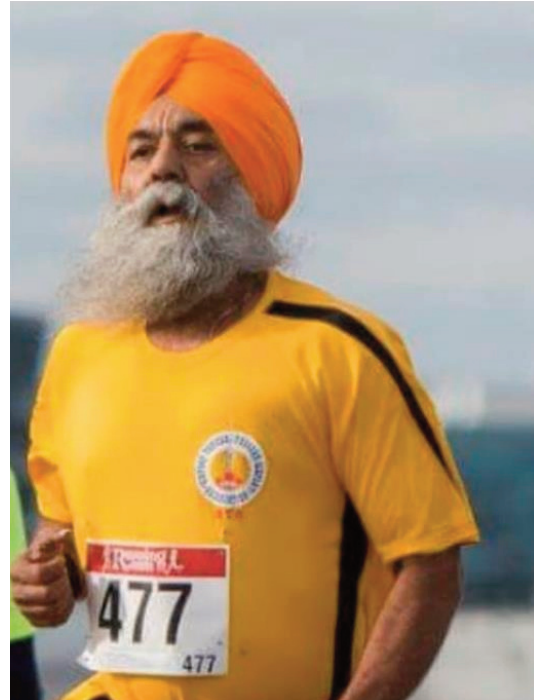
It is worth mentioning here that Sohal, who pledged his commitment to run in the 42 kilometre race earlier this month, participated in the Scottia Bank Waterfront Marathon held in downtown Toronto in Oct. 2019.

In that marathon, he covered a distance of 42 kilometres in three hours, 48 minutes and 21 seconds, qualifying

him for the Boston Marathon.

He was scheduled to run the 125th Boston Marathon in Aug. 2020, but the race was canceled, including all public events, due to the rapidly spreading COVID-19 epidemic in the United States in those days.

"All the members of TPAR Club congratulate Dhyan Singh Sohal for this selection, and best wishes for his good performance in this prestigious race," said Brar.



Lacrosse club takes action against committee over sale of team

Four committee members of the Brampton Excelsiors Lacrosse Club (BELC) have been removed after speaking out against the sale of the team, it was revealed earlier this week.

As broken by ExcelsiorLegacy.com, founders Dan Teat, Mike Hasen and Brian Beisel, as well as BELC and Ontario Lacrosse Association life member Dean McLeod were told by the committee earlier this week that they are no longer considered members in good standing.

The move comes amid a long-running controversy over whether to move the Brampton lacrosse team, which celebrated its 150th season last year, to Owen Sound, was offi-

cially approved by committee members.

The BELC has not yet responded to the members' request for confirmation or formally notified them.

All four members have been raising public awareness of the situation surrounding the sale as well as fighting to keep the team here and pushing for an investigation into the legality of it, due to the lack of transparency and cooperation from the Executive Committee.

Recently, McLeod made the decision to step away from the BELC Executive Committee and spoke out against the sale and move of the team.

"Not only are these actions not against any stipulation of membership in the BELC, but it

is (our opinion) that it is the duty of all members, of any organization, to fight for accountability and answers from those entrusted to oversee its affairs," the Excelsiors Lacrosse Legacy Association (ELLA) said in a statement Tuesday.

"These four combined have given well over a century of hard work and passion to Brampton lacrosse, have over a dozen Mann Cup titles and are in Halls of Fame at every level of the sport. Their names adorn multiple BELC awards and each was named as a life member for their significant contributions to the organization."

Moving the Excelsiors MSL team to Owen Sound was officially announced in Nov. 2020, when Excel-

sors owner Joe Norton indicated that support for the team "(needed) a fanbase that can support the cost of running a team at this level," necessitating a move in the face of a changing market.

According to Norton, the decision to move the team was unanimously made by the MSL and approved by the league on Oct. 15, 2020.

The move prompted Brampton Mayor Patrick Brown to write a letter to Marion Ladouceur, the former president of the OLA, stating that it was not clear whether the decision was ratified, or whether alternate options to keep the club in the city were considered.

"Other members of the Brampton community would

have offered to buy the team for more money and keep the team located in Brampton," Brown wrote, referring to an apparent agreement signed by Excelsiors President Ziggy Musial that purportedly sold the team for \$1,500 - a document which has since been released to the public.

The Excelsior Club said in a statement after approving the move that there were "substantial costs" running a championship team, and the departure of their corporate sponsor, the elimination of a historical designation grant from the City of Brampton and other programs requiring funding, the time was right to make the move.

The OLA's Board of Directors later stalled the move

last month after an appeal was filed, noting that its own Board of Governors did not have the authority to approve the transfer and that a final decision on the matter is pending.

To the ELLA, the reported decision to demote life members for speaking out is "not only reprehensible, but completely self-serving."

"The status of BELC life member is not given lightly, these members have earned this honour. As members of the Brampton lacrosse community, we are gravely concerned about the future of the club if leadership continues on this path to establishing an oligarchy," the ELLA said Tuesday.

- With PWN Files

Gearing Up to Provide Insurance to Bicycle Shops

by David Robinson, Special

Ai Insurance Organization Inc., an award-winning insurance brokerage based in Mississauga, and a new member of the Canadian Sporting Goods Association (CSGA), is pleased to announce that after many months of searching, they now have a reliable business insurance market for bicycle shops.

The bicycle industry is traditionally a tough class for commercial insurance companies due to several liability-related issues that are of an inherent nature to the business.

In recent years, the cycling industry has enjoyed a positive year-over-year sales growth globally.

There has also been a very fundamental cultural shift in how people view cycling in general.

Cycling is becoming more popular, especially as people come to see the benefits of enhanced health, coupled with the realization that it is a cheaper, and greener, form of transportation.

However, the current COVID-19 crisis has created a difficult potentially crippling situation for this industry.

COVID-19 has become a monumental problem because the industry is now desperately dealing with a double-edged sword represented by exploding market demand cou-

pled with a severely restricted global supply chain due to manufacturing cutbacks, restrictions, and other shut-downs.

The global insurance market has been difficult in recent years with

premiums on the rise, and restrictions in coverage due to many factors.

Businesses with inherent insurance risks are finding it more difficult to secure affordable insurance coverage.

Ai Insurance Organization's commercial insurance program now covers all aspects of a typical bike store operation, at affordable rates, with monthly financing available.

If you operate a bike store and

would like to get an alternative quote prior to your next insurance renewal, please give Ai Insurance Organization a call at (877)-213-4545 or email me, David Robinson, directly at david@getcertain.ca.



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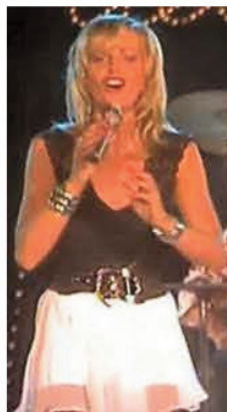
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LIFESTYLE / AROUND TOWN

Driven to Create — It's a Community Thing! Creating and Caring

by E.C. Munson

Some things are a force of nature and are meant to be both marveled at and encouraged.

While a picture could be worth a thousand words, in this case there will be both as the artwork initiatives shared through one group provoked a wonderful ripple effect out into a broader community.

The experiences of the local arts collective Art-TrendZ often fit this category as one event unfolds into yet another interesting opportunity or situation.

Here is the story as related to me by Chris Long, one of the founders of this group.

"Last fall, Art-

TrendZ held a fabulous Art by the Yard outdoor art exhibition in Erin Mills sponsored by (Mississauga Arts Council) MAC who provided wonderful live music for this one-day event.

We showed the beautiful artwork of six different artists while maintaining all public health protocols for safety when gathering outside. Our aim was to bring life, joy and happiness back to the neighborhood during these difficult times of social isolation with the pandemic restrictions.

Well, our community more than responded as we easily had 150 - 200 people in at-

tendance with many asking for repeat shows. One little girl went home with her parents to change her T-shirt and returned to show me the painters palette on it!!

She also wore rubber boots that blinked on and off when she danced. Now that just made my day!

People asked where they could get art lessons and one man offered to come and play the piano at our next event. It goes on and on. But more than that, we were able to bring the community together.

A further offshoot of a conversation with a neighbor was to have a spot for a

Little Free Library. People are always walking by on our street. It's such an easy way for a community to feel connected without having to "be" together.

Thankfully, I found a great friend at my church who builds these libraries and then one of the talented students in the youth program did an amazing job of painting it. It now brings both joy and beauty to my neighborhood and street.

What a perfect Little Library to be placed on an artist's property!! It's only been up for a week or two but already it's had tons of turnover!

Now I've been

asked to join two local area Facebook sites to let my neighbors know about the Little Free Library. I regularly see folks dropping off and picking up

books. It's just another way to keep the community and art spirit alive and thriving.

You never know what ideas will come from small conversations!!"



People, Pets and Polar Bears, Oh My! At New Exhibition

Arts on the Credit will bring "People, Pets and Polar Bears" to the living rooms of viewers this month with the launch of a new virtual gallery, featuring the work of local artist Christine Montague.

Montague is a renowned Canadian polar bear artist and portrait painter. The beautiful, highly intelligent polar bear and its vulnerability from climate change is the inspiration behind all her paintings. Visitors will be able to escape into

the arctic world of the polar bear, northern lights & sea ice. Montague hopes her art will capture the hearts of many with its message of beauty, wonder, light & hope.

Montague has travelled to the far

north, to Churchill and is very knowledgeable about the polar bear and its challenges to survive.

The sea ice is melting sooner and freezing up later. So that starving mother bear, who is using

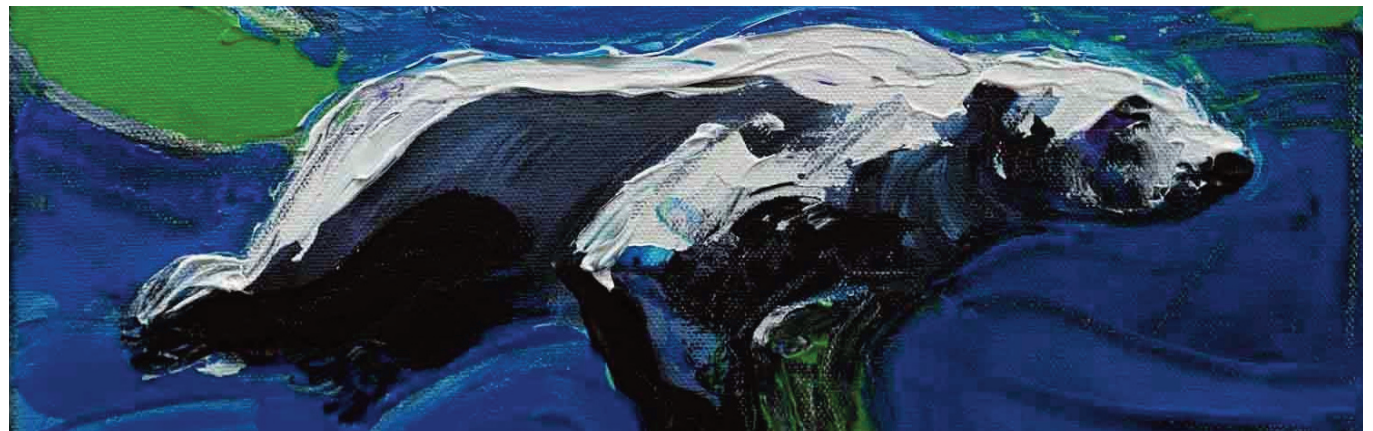
up all her fat reserves to produce fat rich milk and feed herself, is at greater risk and so are her cubs. She needs to get to the seals who provide her food.

"The warming of the north and the entire planet, ac-

tually, should be of grave concern to everyone," Montague said earlier this week. "The interconnectedness of the whole earth is very complex."

The exhibit will hang in Arts on the Credit's virtual

gallery for the month of May, which can be accessed at the AOTC website — artsonthecredit.ca/gallery. Coming soon will be a guided tour of the exhibit with Christine Montague as guide.



Health and Wellness - Writing as a Release

by Elizabeth Banfalvi

I have a writers' group called Mississauga Writers Group, and it has been in existence since 2013.

We have many different writers, and our goal is to have people write and publish their work in our quarterly ezine and yearly anthology.

So why write? So many times, we have thoughts swirling in our minds and it is difficult to stop them but writing down our thoughts has a way of releasing them and letting us be aware of them.

That way, we can see what we are thinking and then change what we no longer need.

Another healthy aspect is to write by hand. So often everyone uses the computer and writing by hand is almost a lost art.

Writing by hand gives us different feelings and output. Working with the swirls and loops of letters is almost like an artist with a paintbrush.

I used to write everything by start-

ing with a pencil and a piece of paper. Now I do it on a computer but I still write jot my ideas down on a piece of paper.

What are the advantages of writing by hand? It is the difference between tapping and looking at a screen or feeling your pen or pencil glide across the page.

In the age of cave men, they drew pictures on a wall of their cave, and that was their writing their story. If we think about it, so too is our writing process. We write who we are. Everyone writes differently no matter how they were taught the same lessons. We are all different and we perceive differently.

I remember giving my writing group an idea about a dog. I didn't say what colour, size, type or anything. Then I went around and asked each of them to describe their dog.

Each person described a different

dog. They assumed they would all be the same but of course, they were different. We see, feel, and imagine differently.

That is why we have so many different books in the library. If we were the same, then there would only be one book but many copies. How boring that would be?

So, what would you like to write about? Then write it.

I often have to explain to a writer who might not be as experienced as I am, that it is alright to be who they are and to develop what and who they are whether they want to write fiction or non-fiction.

There are three different types of writing – informative, narrative or opinion. I am more informative, but we naturally fall in at least one category. Everyone is interesting if they allow themselves to be.

Not everyone is going to write a novel, but writing how and what you feel or just a poem

or short story is a good way of starting.

That is how so many writers started. You may never go beyond that but that is alright.

Find a way of getting published or just get what is called a "chap" book with all of your pieces. A chap book is a lesser version of a novel – less pages, but same size and just stapled in the middle. It can easily be printed and you have what you wrote in one place.

Nowadays, before COVID-19, so many writers used

to go around to different places and libraries and do readings and this was perfect. They could even sell their chap books. It gave them a more positive feeling about their writings.

Writing will always have positive results. It keeps us more focused and structured. It keeps our verbal expressions fresher and more elaborate. It can help us be less stressed by emptying our minds and filling it with fresh ideas. It makes us more aware of who we are.

As time goes by, your writings will also supply you with the different memories of what you have gone through and it will show you how you have lived your life.

We forget what we have gone through once the time is over but writing it done and how you have overcome, will show you your strength and fortitude.

So, write and enjoy the process. The computer is always there but write first with your hand and let it flow out of you.



Caledon residents reminded of Victoria Day fireworks restrictions



The Town of Caledon is asking residents to be mindful of fireworks safety – ahead of this month's Victoria Day celebrations.

During the Victoria Day long weekend (May 24), no public fireworks displays will be held, the Town said in a statement Monday.

Fireworks can only be set off on

private property on Victoria Day, and residents are reminded to respect COVID-19 guidelines for public gatherings.

Additionally, some retailers may be offering fireworks for purchase through home delivery of curbside pickup, the Town said.

"Provincial regulations allow certain busi-

nesses to open for in-person shopping for essentials items only," the Town said. "Fireworks are not on the provincial essential items list, however, we do recognize some retailers may offer fireworks to residents to purchase."

For more information, visit caledon.ca/fireworks.

Filmmakers' Olympics — Awarding The Medals

by Joseph A. Monachino

The Filmmakers' Olympics series concludes with this article.

This month, we award the bronze, silver and gold medals to some very deserving winners!

It was too difficult for me to be objective enough

to judge which director would be awarded each one of the three medals.

Therefore, I used a distinctive list by a distinctive organization to determine the rankings.

That institution is the American

Film Institute. The list I used? That was the 1995 list of America's Greatest Movies.

That year, 1995, was the centennial of the creation of the motion pictures. It is a list of the 100 Greatest American Movies

up to that time.

In analyzing the list, I kept score of how many films each of the three directors in this competition had directed movies that appeared on the list. The results are chronicled in this article.

The director that had three movies on the list was Martin Scorsese. Therefore, he wins the bronze medal. The director that had four movies on the list, was Alfred Hitchcock. Therefore he is awarded the silver medal. Finally, the director that had five movies on the list was Steven Spielberg. Therefore, he is awarded the gold medal.

Just for the record, here is a list of the directors and their movies: Martin

Scorsese: Goodfellas; Raging Bull; and Taxi Driver.

With four movies, Alfred Hitchcock had the following movies on the list: North By Northwest; Psycho; Rear Window; and Vertigo.

The gold medal winner, Steven Spielberg, had the following movies on the list: Close Encounters of the Third Kind; E.T., the Extra-Terrestrial; Jaws; Raiders of the Lost Ark; and Schindler's List.

Collectively, these three directors occupied 12 spots on the list. That is an impressive 12 percent of the Greatest American Films of All Time (up to 1995).

Certainly, there are other great di-

rectors with great movies on this list. But, these three directors are probably the most notable.

In my DVD and Blu Ray collection, I have all 12 of these films, amongst others from these directors.

This Filmmakers' Olympics series was compiled to lighten up the mood during these dark COVID-19 times.

There are always pros and cons to lists and surveys that can be debated endlessly.

If I can get one person to agree with my choices, I will have accomplished the purpose of this excursion.

You can reach me by emailing filmfocuspeel@gmail.com.



Creatives Invited To Apply For Matchmaker MicroGrants

The Mississauga Arts Council (MAC) announced Monday that the MAC MicroGrants program and Matchmaker Microgrant program funding is returning to support local creatives.

The program is available to individual artists and unregistered groups and collectives living in Mississauga.

"We are announcing a range of exciting grant opportunities to enable more talented creatives to connect with Mississauga residents and advance their careers," says MAC executive director Mike Douglas.

"In Phase One of our 2021 MicroGrants, we have opportunities for dancers, writers, and a collaboration for

artists and musicians. We are also excited to offer our Matchmaker Microgrants to all artistic practices."

Thanks to RAMA Gaming Centre, through the Mississauga Charitable Gaming Association, the successful MicroGrant projects from the first phase of the program, including a project for spoken word/poetry tour of underserved or deserving communities, and a project for an online dance video production for dancers, dance groups, and choreographers, will also return.

The new MAC Funded - Fusion MicroGrant will also grow partnerships between musicians and visual/digital artists or illustrators to produce an ani-

mated music video, the organization said in a statement.

MAC's successful Matchmaker MicroGrant program, which is designed to help artists from all artistic practices complete a project or provide career development support, is also returning, with the organization offering up to \$2,500 to match funds raised by sponsorship, investment, and/or resources provided by the artists themselves.

The deadline to apply for Phase One of MAC's MicroGrants and Matchmaker Microgrants is Wednesday, June 2 by 5 p.m. Guidelines, criteria, and submission form can be found online at mississaugaartscouncil.com/microgrants.



How important is it to get vaccinated — and will we be safe?

by Surjit Singh Flora

Many countries have been demanding for some time that the patent on COVID-19 vaccines manufactured worldwide for protection be waived so that companies other than their manufacturers like Pfizer or AstraZeneca can manufacture them.

The aim is to vaccinate a large number of people as soon as possible by increasing production rapidly.

In this context, the good news came recently when U.S. President Joe Biden's administration backed a waiver proposal by India and South Africa six months ago in the service of expanding vaccine distribution to lower-income countries currently affected by the pandemic.

However, many questions arise in this regard. Will other rich countries agree to this?

How quickly can this plan be put into practice, and will it really happen?

Pfizer, a company that produces one of three vaccines approved for emergency use in the US, has gone on record saying that such a release proposal "would create more problems."

Pfizer CEO Albert Bourla warned on Friday that lifting patent protection for COVID-19 vaccines would spark a global raw material race that threatens the safe and efficient production of Covid vaccines.

A critical issue is how many lives will be lost worldwide by the time the plan succeeds. It is pertinent to note that the case of patent exemption will have to be discussed under the auspices of the World Health Organization, which has 60 countries. All this can take three to six months.

Also, removing the patent will not work because the companies that have invented the vaccine will have to transfer necessary information and technology about it to the countries or companies that will be exempted from developing their drug.

This will take a long time, and even after all this happens, it may take two to three months for production to start, meaning that the whole exercise can take anywhere from six months to a year.

On the other hand, the reasons why many countries do not agree with it seems natural.

Vaccine companies range from the United States to Germany to the United Kingdom. It is up to Russian and Chinese companies that have also developed their own vaccines.

One of the reasons

is that the companies that have developed the vaccine, such as Moderna, Pfizer, AstraZeneca, Johnson & Johnson, say that it costs money to develop the vaccine and cover the cost. And the company that makes the vaccine has the right to manufacture and sell the vaccine under a patent for a certain period of time only to make a profit.

If patents expire so quickly and they are allowed to manufacture anyone, then why should any company invest in research for a new virus or epidemic in the future?

Some also say that when the AIDS vaccine patent was revoked, it became difficult to monitor its quality, and it became so widely available that it was being misused.

Similarly, if a COVID-19 vaccine is developed without a patent, its ef-

fect may soon be lost, and a new virus will emerge on which the vaccine will no longer be effective.

Significantly, while rich countries have developed a large number of vaccines, many poorer ones have not yet begun to be vaccinated.

This unequal distribution of vaccines has created a deep gap between developing and rich countries.

While many countries have bought tens of millions of doses to vaccinate a large portion of their population and have taken steps to return to normalcy, developing countries have a severe shortage of vaccines, and hundreds of citizens die every day amid heavy pressure on their health care.

But on a large scale, this inequality is against the interests of the whole world. Vaccine ex-

perts and human rights groups have warned that the longer the corona continues to spread in developing countries, the more resistant and more dangerous the virus will become.

A report by Oxfam International, published in March, warned that virus mutations could neutralize existing vaccines in a year or less.

Obviously, unless the whole world is vaccinated, the risk of the virus cannot be eliminated entirely. In such a case, the removal of the patent may be detrimental to the companies, but it will not benefit the world.

It is in the interest of all countries that people worldwide, no matter where they live, get vaccinated as soon as possible. Otherwise, no country will be safe.

Mystery

As the winter of life melts away
The transparent tapestry that emerges
Uncovers our life's mystery
Summons us to bravely approach the tarnished familiar
Seeing with sunlit sight

Power of remote frail moonlight
Illuminates our misplaced fragile dominion
Reflecting on discarded hurried havens
Perceiving possibilities that invite us to revisit
Our radiance that flames our burning eagerness
That in the absence of indifference
Grants us dazzling illumination

©2021 Susan Ksiezopolski

Get active and get moving in Mississauga this May!

Lace up your shoes, tune up your bikes and get ready to move!

The City of Mississauga's Road Safety Committee and Traffic Safety

Council are launching a "Let's Move, Mississauga" event, which runs through May 24.

Residents of all ages and abilities – including stu-

dents learning online – are encouraged to get outside and be active, while staying safe and following the rules of the road.

During the

week-long event, participants in Mississauga are encouraged to walk, jog, wheelchair, cycle or use any other form of active transportation along with

members of their household.

Participants can keep track of the distance they travel. At the end of the week, if more than two kilometres have

been travelled, the participant can complete a digital certificate online to highlight their accomplishment.

Participants can take a picture with the certificate to share on social media using the hashtag #LetsMoveSauga.

All participants are asked to follow health and safety COVID-19 guidelines by staying at least two metres (six feet) apart from those not in their household and wearing a mask when physical distancing cannot be maintained.

For more information about the Let's Move, Mississauga event, download the online certificate or learn more about road safety, visit Mississauga.ca/LetsMove.



buildbeautiful

Stormwater Master Plan

mississauga.ca/stormwater-master-plan



Enjoy the art of healing as PAMA celebrates Museum Month

May is Museum Month, and the Peel Art Gallery, Museum and Archives (PAMA) will celebrate the occasion by launching two new virtual exhibitions along with some fantastic accompanying programming in celebration.

The first week of May is also Mental Health Awareness Month, and the local gallery said this week that it has created a new mindfulness series combining the healing properties of art with meditation.

A *Newcomer Journey: Storytelling through Photography*, which runs through June 12, focuses on raising awareness of the health, social and cultural needs of new-

comers in the Region of Peel.

Using photography participants aim to share their experiences as newcomers who are living with a chronic disease and/or identify as African, Caribbean and Black, LGBTQ+, femme, or substance users.

The exhibit will be hosted in partnership with Moyo Health and Community Services.

A virtual closing celebration for the exhibition will also be hosted on June 9.

A new outdoor botanical showcase, *Botanica Colossi*, is on at PAMA until July 30, with an associated virtual exhibition running through the same date.

The showcase includes an exhibi-

tion of recent works by Toronto artist Sara Angelucci on the gallery building's outdoor banners.

These photographic works are from the 2020 series *Nocturnal Botanical* Ontario, and are

free to view from the PAMA grounds.

A virtual event with Angelucci, in conversation with horticulturalist & arborist Charlie Briggs, will be held on Wednesday, May 26, from 12 - 1 p.m.

The first week of May is also Mental Health Awareness Month, and the gallery said this week that it has created a new mindfulness series which launched in April, combining the healing prop-

erties of art with meditation.

PAMA is located at 9 Wellington Street, East in Brampton. For more information, visit pama.peelregion.ca.



Poetry Writing Contest

Deadline: September 30, 2021

Submit your poetry for a chance at winning \$100 1st, \$75 2nd or \$50 3rd Indigo Gift Certificate prizes.

In association with Mississauga Arts Council
and Peel Weekly News

For submission guidelines and to submit,
email submissions@mississaugawritersgroup.com

Why I Opened the Peel Chapter of Beyond The Blue

by Caitlin Alwyn, Special

My name is Caitlin Alwyn. I currently work full-time in the Insurance industry. I am married to Det. Constable John Alwyn and together we have three daughters.

Over the past ten years, I have faced many of the typical challenges of being married and raising a family.

However, as the wife of a police officer, there are some challenges that I did not see coming.

They are unique and can sometimes only be understood by those who walk the same line as you.

There is also the element of fear that lives in the back of your mind that something could happen to your spouse at work.

In 2015, this

fear became a reality for me after John was shot while responding to a 911 call.

After the initial shock and disbelief of what had happened, I was overwhelmed with relief and gratitude that his injuries were not fatal and I still have a husband, and my kids still have a father.

But as life goes on, the stresses of everyday life with three young kids and an injured husband set in. I was hit with a tremendous amount of emotion and sometimes overwhelming feelings of fear, anger and frustration, and I had no one I could relate to or share it with.

No one I knew had ever been through some-

thing like this.

With each experience I went through, I learned more about myself, my internal strength and my ability to cope with and overcome obstacles that were in my way.

When I look back now, just after John was shot, I know I would have loved the chance to speak to another spouse who understood what I was feeling and could reassure me that what I was experiencing was okay.

This is why I jumped at the opportunity to start a chapter of Beyond the Blue in Peel. I wanted to offer validation and support to anyone else who may be struggling with the unique challenges and

emotions that come with being part of a law enforcement family.

Now I offer my support to others and their families and lean on oth-

ers who feel as I do through Peel Beyond the Blue.

For information about the Green Epaulette campaign, please read the article

“Why Peel Regional Police Officers are Wearing Green Epaulettes in May and June” at peelpolice.ca.



To Pour with Love
Acrylic Pouring
Deborah Powell
Artist

519-278-0577 topourwithlove@gmail.com

 [@topourwithlove](https://www.instagram.com/topourwithlove)

When will you learn to take care of yourself?

by Surjit Singh Flora

I know too many people; and they don't know how special they are.

They are either busy paying attention to negative things or are surrounded by so many negative things that they don't even know that there is something in life worthy of positive evaluation.

How long will we keep trying to please others? How long will we continue to be afraid of discouraging those around us?

We always try to live up to the expectations of others. We always make sure that we give one hundred percent to every relationship, and in this endeavour, we forget our happiness.

First of all, the

first thing you need to do is stop pointing out your negative emotions.

Many people cannot love themselves because they feel that they are not "good" enough.

Not good ideas can lead to all kinds of insecurities and ultimately lead to loss of self-confidence.

You need to know three things before you start loving and taking care of yourself:

- * You are good enough.

- * Don't compare yourself with others.

- * Don't worry about what other people might think or say.

But we live with the burden of the expectations of others on our shoulders. This

made us so worried.

We constantly think about what people think of us, not what we think of ourselves. We follow things according to others that we should not do.

We are afraid to say that we will not accept anything less than what we do not deserve.

We are afraid that one day we will be left alone. It is important to realize that human expectations have no end and that their demands will never end.

If we live for others, they will not take us anywhere in life. When we realize that whatever we do for the happiness of others has hardly any value for them, then we get hurt and then

we regret that we wish we had done something for ourselves.

We must prioritize our dreams, demands, values.

At first, we may be afraid. Our voices will tremble, but we will have to learn to say 'no' when we know we will lose more than we gain. In which our inner soul does not accept,

we have to say no to that work.

We must learn to prioritize our happiness Without pleading guilty.

When we are able to put our happiness first, it hurts to see those who want us to live our lives according to them and they can't control us anymore, but they won't be so sad as

much as it happens to ourselves that whatever we do has no value to them.

All you need to do is trust yourself. A bird sitting on a branch is never afraid to break a branch, not because it feels like a branch is broken, but because the bird trusts its wings more than a branch.



All I's on Me

Celebrity. Ego. InstaFame.

April 12 - June 12, 2021

AGM
ART GALLERY OF MISSISSAUGA

Over the Garden Fence — Hyperbole Or Not Hyperbole?

by Sheila E. Tucker, Special

The following is a special guest contribution by Sheila E. Tucker — for more information or to read more, visit Sheila's website at [ragdollsandrage.com](#).

Many of us have a favourite star from the silent film era or are, at least, aware of legendary actors like Lillian Gish, Rudolph Valentino, Mary Pickford, Charlie Chaplin and Howard Lloyd.

Can you recall how these movies were constructed, with scenes of characters speaking, broken up with captions, in a quaint typeface, revealing the dialogue?

Remember the theatrical acting employing overstated gestures, coy expressions and the gnashing of teeth? Or how about the exaggerated actions in chases or love scenes—the key word being “exaggerated.”

To contemporary audiences, the acting in those black & white oldies seems absurd, guaranteed to see an actor ushered out of any audition held today. That is, if they weren't laughed out first.

However, in the early days of cinema, the medium itself required the overemphasis in physical expression.

The actors were performing in silent movies, unable to convey tone and emotion in their words. They could not evoke responses from their audience in the same way that an actor can today, such as a curt snicker, a sarcastic comeback, an affectionate comment, or a loud expletive.

Instead, they had to convey their characters' dialogue and reactions through exaggerated physicality.

Audiences were able to suspend belief and accept this, because they got it—they were used to theatre and accepted that the actors were showing rather than telling. Combined with the title cards, audiences were able to understand and follow this new art form of cinema.

Okay, so what is my point? Turns out it's not about movies...

Today, most of us are wearing facemasks any time we go out. We need to interact with retailers, pharmacists, couriers, librarians and so on, as well as our friends if we see them outdoors. But we are missing out on the subtleties of human communication and, either consciously or subliminally, we know this.

Many of us, when interacting with others, are feeling starved for the social cues of a subtly turned up corner of the mouth, the grimace when he complains about the rain, or the gentle bite of a lip as she talks about a sick dog. Our eyes peer out from above our masks as if to say “I'm here, please see me, hear me...”

Granted, emotions show in our eyes too, but with so many of us wearing spectacles and sunglasses, it's not easy to make out a person's eyes either.

I propose a solution, drawing from early movie storytelling and the audiences who learned to “read” the intentions of Howard Lloyd, the Keystone Kops, Lillian Gish et al.

When meeting and talking with people via masks, let's widen our eyes way more to convey happiness at seeing them; frown

very strongly to mirror their expressed frustration about the traffic; nod emphatically and raise our eyebrows high to express surprise.

We need to hunch our shoulders, bow slightly forward, wriggle our fingers and wave our arms. All of this is in lieu of seeing each other's expressions and as a way of illustrating our true feelings when much of our face is hidden.

How about jumping up and down in excitement? Giving our friend a pretend hug by hugging ourselves instead and by saying “this is for you.” There's the thumb's up sign for nice folks, the middle finger for nasty ones (well, maybe when they're not looking), the wave, the beckoning motion, the stop-rightthere cue.

In fact, when you think about it, there are quite a few ways we can enhance our interaction. It might even provide a gentle workout, while gyms remain closed!

I recommend seeing reruns of Big Bird and how he conveys his feelings through his wings. Or else Doctor Who; after all, if

a Dalek can emphasize its statements simply by twitching its toilet-plunger sticky-out eye, then, surely we can with two.

We have two eyes, a couple of shoulders, hands, and many fingers. Legs as well. We can still have interesting interactions after all!

Of course, it might help to limber up a bit first. Maybe try a warm-up exercise or two. For the young at heart (literally!), here's a few to get started: Stand on your left leg while simultaneously raising your left arm and rolling your head back and forth.

Good for learning balance too—what a bonus! Do the same for your other side. Then jump up and down while also raising your eyebrows as high as they'll go. Do this for 60 seconds, then stand astride, twisting your body left and right as you pull your eyebrows together in a frown and narrow your eyes. Do these exercises two hundred times a day.

Soon, you'll be able to perform all sorts of emotions and can practice while waiting in line for the cashier, jumping in place, nodding and frowning with ease. An added bonus...? Everyone will stay six feet away from you. Or even twelve feet.

As for your pharmacist, he may offer you free sedatives and your librarian books on self-help.

Sidenote: About those silent-movie actors: some of them were big stars until talkies came along and audiences heard what squeaky voices they really had. That was the end of it, for them. Others made a successful leap. Myrna Loy was one, starring in the hugely successful The Thin Man series of films with William Powell.

Yet other stars, such as Douglas Fairbanks, hated appearing in talkies because of early complications such as hidden mics being stuck inside clothing, plugged into a socket a few feet away and thus limiting movement. Fairbanks walked away from Hollywood.

The take-away? When the pandemic is finally over, you may have to re-learn how to interact with other humans. It may not be as much fun as you thought.



“Ready, Set, Make” as Library Launches Makerfest Activities

This weekend (May 14 and 15), Mississauga Library and Brampton Library will jointly host their first online MakerFest, which builds upon their respective maker programs.

The maker programs strive to help residents develop their science, technology, engineering, art and math (STEAM) skills.

This year, MakerFest brings a variety of online,

interactive activities to youth and adults with a passion for STEAM.

The collaborative approach will allow more residents to access the activities, experts and opportunities to connect with the broader STEAM and maker community, both library systems said Monday.

The event will explore a variety of topics, including robotics, fabrication, mobile

app development, traditional Indigenous technologies, astronomy and more.

The activities will connect participants to experts in the STEAM field and others in the STEAM and maker community, as well as provide opportunities to engage, ask questions and experience live demonstrations.

All online MakerFest activities

are free with registration. Participants do not need a library card from Mississauga Library or Brampton Library to register.

The event runs from 4-7 p.m. on May 14, and from 1-4 p.m. on May 15.

For more information, visit the Brampton Library event page at bramptonlibrary.ca/index.php/make/makerfest.

MiWay adds new route on Derry Road

Riders in north Mississauga will have more opportunities to take transit, as MiWay rolled out a new route earlier this week in response to demand.

The new Route 42A-Derry line, which began on Monday, will service the busiest intersections of Derry Road, travelling westbound between Westwood Square Transit Terminal and Mavis Road on weekdays from 5 a.m. - 7 p.m.

The new route will add to the current service between Westwood Square Transit Ter-

minal and Meadowvale Town Centre.

Customers at stops between Westwood Square Transit Terminal and Mavis Road will be provided with five-minute service frequencies using Route 42 and the new Route 42A, while customers at stops between Mavis Road and Meadowvale Town Centre Transit Terminal will be provided with 10-minute service frequencies using Route 42.

More information about the service changes is available at miway.ca/derry.



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HEALTH

Why sunlight is so good for your health

Amid pandemic concerns, more and more healthcare practitioners have suggested how sun exposure for even half-hour daily can help up ones vitamin D levels in the body which is considered essential for bone and muscle health. But did you know that sun is not just a source of vitamin D? It actually has several other benefits for ones health.

Taking to Instagram, ayurvedic practitioner Dr Dixa Bhavsar suggested how sunlight in the morning, right after sunrise till about 8 am and at the time of sunset, can help.

Here's what to know about the sun's rays and our health

According to Dr Bhavsar, different light wavelengths (colours) are present at different times of the day and impact us differently. Every wavelength has a different therapeutic benefit.

- * UVA exposure, for example, increases nitric oxide which is a vasodilator, which improves blood flow, improves oxygenation, lowering respiratory rate, lowering blood glucose levels.
- * The red visible spectrum which is always present during the day touches on mitochondria function which increases energy and overall



health.

- * From natural light, we also make the neurotransmitters serotonin, melatonin and dopamine which are critical for mental health including reducing anxiety, depression etc.
- * Blue light stimulates us and keeps us awake. It also helps with seasonal affective disorder and depression due to its hormone-producing capabilities.
- * Being outdoors has shown to improve our sleep quality and

fine-tune our daily circadian rhythm too, as we make melatonin (our sleep hormone) from daylight, then excrete melatonin after an absence of blue light for 2+ hours (which is why blue blocking glasses are so important after sunset).

Im not advising to recklessly go overboard with direct sunlight and start burning. Tweak your day, be mindful to get more natural light (not just direct sunlight), like training outside instead of in the gym, she said.



Delaying vax will give virus opportunity to develop new variants

People should not delay taking Covid-19 vaccine as this will give virus an opportunity to develop new variants and some of them may reduce the efficacy of current vaccines, say healthcare experts.

They believe that those not taking the vaccine are doing a great injustice to their near and dear ones.

Government of India has announced that all individuals aged above 18 years would be eligible to get Covid-19 vaccination starting May 1. This must be considered as the end game for the deadly pandemic to be driven out of India but this would not be achieved if the young and the old hesitate to take vaccine, say the experts.

Dr. Mervin Leo, Cluster COO, Gleneagles Global Hospitals believes that Covid-19 virus still has many hosts left to replicate in, and it has more opportunity to randomly develop new variants. "Some of these variants may reduce the efficacy of the current vaccine, which is surely not a desirable scenario to be in. Hence, it is important people encourage each other to get vaccinated at the earliest and ensure the virus is driven out of our lives before it gets to us," he said.

Healthcare facilities across Hyderabad are ramping up their capacity to vaccinate more population in the weeks ahead. They believe vaccination for all is the most definitive step in the fight against coronavirus.

"Vaccination for all is about controlling the pandemic at a population level through reaching herd immunity, and the objective cannot be achieved unless each and every one joins the movement and get themselves vaccinated. Fight against coronavirus requires a community effort, and everybody must step forward in and get their vaccines, so that we can break the chain of transmission from one person to another," said Dr. Riyaz Khan, CEO, Continental Hospitals.

"There needs to be emphasis to get a vaccine (Covishield/Covaxin) whichever is available at the earliest and easily. Both are effective. Now it is proven beyond doubt that even a single dose provides decent protection. Vaccines are highly effective in preventing hospitalisations and deaths. It is unnecessary for people to wait for a year to get vaccinated, and the longer we wait to observe any side-effects might only lead to developing of future virus mutants," said Dr. Aarathi Bellary, Consultant Internal Medicine, SLG Hospitals.

Home remedies for fatty liver

Having fat in the liver is normal but only to some extent. When more than 5 to 10% of your liver's weight is fat, it is known as a fatty liver disease. This exposes your liver to a risk of injuries, inflammation, and scarring. Fatty liver is of two types, alcoholic fatty liver, and non-alcoholic fatty liver. The former happens as a result of excessive alcohol intake and the latter is because of other alcohol unrelated reasons.

There are some natural home remedies which can help you treat fatty liver disease easily. Take a look:

Apple cider vinegar

One of the most effective home remedies for a fatty liver disease is apple cider vinegar. It helps you by reducing fat accumulating in the liver and by inducing weight loss. It also promotes healthy liver functioning by reducing inflammation. All you need to do is add a tablespoon of ACV to warm water and drink it twice daily before your meals. You can also add honey to



enhance the taste. Repeat this for two months to see the difference.

Lemon

Lemons are rich in vitamin C and antioxidants which help the liver produce glutathione. This enzyme neutralizes the toxins in the liver, thereby promoting detoxification. All you need to do is squeeze a lemon in a glass of water and drink it twice or thrice

a day for some weeks. This will help in reducing the fat accumulated in the liver, thereby treating fatty liver disease naturally.

Green tea

Green tea is enriched with high-density catechins which improve liver functioning and prevent fat accumulation in people suffering from the nonalcoholic fatty liver disease. It blocks the amount of fat stored in the liver and improves its functioning as well. Drink 3 to 4 cups of green tea regularly to keep the fatty liver disease at bay.

Papaya

One of the main causes of fatty liver disease is dietary fats. Ayurveda has it, both the pulp and the seeds of the papaya fruit are effective in burning these dietary fats, thereby preventing fatty liver disease naturally. For this, you could eat a slice of papaya with honey every day. You could also grind its seeds, mix it with water and drink it daily for the same effect.



Bad habits that can ruin your relationship

When you're in a relationship, you're more often than not always trying to do what you can to keep it relatively healthy and happy. And of course, unless you're a complete masochist, you'd never do anything to deliberately sabotage it. But it's surprisingly easy to fall into bad habits that can slowly suck the life out of your relationship and those can add up over time.

Being on your phone all the time

Sure, sometimes work stuff can't wait, but regularly being glued to your phone or checking it when you're having a conversation with your S.O. sends a subconscious message that they're not your priority. It can help to either be all present with your partner or let them know that you can talk once you are off your phone, says licensed marriage and family therapist David Klow, owner of Skylight Counseling Center in Chicago. Splitting your attention often leaves the other person feeling neglected and less valued.

Making public jokes at your partner's expense

You know your S.O.'s insecurities, and the two of you may even laugh about them in private. But doing it in public is an entirely different story, Durvasula says, even if it's phrased as a joke. So while your partner may think it's funny when you say their new haircut makes them look like a less cool version of Conan O'Brien, they're probably going to be hurt when you say it in front of your friends.

Being passive-aggressive

You know this is bad. Pretty much everyone on the planet knows this is bad, but it still happens a lot. This is a relationship killer, Durvasula says. This reflects indirect communication and usually a fair amount of unhappiness and challenges with self-esteem and insecurity on the part of the passive-aggressive person. Basically, it doesn't make you look good and it only serves to piss off your partner. When you find yourself slipping into passive aggression (it happens), try to take a minute and think about what you really want to say, even if it's opening up about something you've been dreading talking about or frustrations you've been letting fester. Doing that instead of



resorting to snark or sarcasm will get you so much farther than you think.

Starting fights over text

Text messages leave so much open to interpretation, and when you start an argument over text, you're just asking for more issues. Fighting via text is a setup for a mess—all the emojis in the world cannot substitute for the warmth in your eyes, a smile or seriousness when talking to your partner about something frustrating or upsetting, Durvasula says. If you have a problem and you need to discuss it, ask them to save some time for a one-on-one later. And if it really can't wait, call them—it's not ideal, but hearing each other's voices is still way better than a text.

Criticizing their family

While you probably wouldn't start railing on your partner's mom out of the blue, family issues can come up. If they bring it up, then you can reinforce their opinions if you agree, but don't fall into a trap that could come back to bite you, Durvasula says. Instead, try to be diplomatic and keep in mind how you'd feel if they said the same thing about your family.

Dyeing your eyebrows might be the beauty trick you're missing

eyebrow tinting is the process of applying semi-permanent dye to enhance, shape, and define your brows. Tinting allows a professional to manipulate the brow area by darkening the fine hairs that surround the perimeter of the brow to increase the width. It also allows the specialist to darken the fine hairs in the inner core of the brow that are in less dense areas. This creates a longer brow line (brow tail) or fuller front and a more ideal shape.

eyebrow tinting works on skin types, skin tones, and hair colors. If you're trying to tint grey or white hair though, the process is a little trickier. Make sure you go to someone that knows how to tint eyebrows well and does it often. Grey hair is more resistant and tends to be stubborn, so you might need to adjust the process a bit.

You'll want to avoid getting your brows wet for 12 hours after getting the treatment done and to clean around the area with gel or cream-based cleansers. Your brows will stand out and look fuller right away. You can cut back on the multiple brow products in your beauty routine. The tint lasts anywhere from three to six weeks. To avoid exfoliating or use of any oil-based products in that area as it will cause the tint to fade faster.



Apply a thin layer of Vaseline or Aquaphor to the surrounding skin as a form of protective barrier between the dye and your skin.

Be aware that eyebrow tinting dyes aren't FDA-approved. There is no standard dye formulation and a variety of dyes out there are being used, some of which contain preservatives that aren't regulated.



By Tript Arora

Punjabi Chole

On the occasion of Mother's Day, I am sharing the recipe which was taught to me by my mother. My Mom was a fantastic cook. Though she cooked so many dishes but this one like all Punjabis is close to my heart. So today I am sharing my Mom's recipe of Punjabi chole.



We Need

1 cup Chick peas or Chole (small variety), 2 Big Onions (200 gm), 2 Big Tomatoes (150 gm), 8 Cloves of Garlic, 2" Piece of Ginger, 1 Black Cardamom, 2" Piece of Dalchini (Cinnamon), 5 to 6 Laung (Cloves), 1 Tsp Turmeric Powder (Haldi), 1 Tsp Chilli Powder, 1 Tsp Coriander Powder (Dhania), 2 Tsp Chana Masala (Any Brand), 1 Tsp Anardana Powder (Pomegranate Seed), 1 Big ladle of Cooking Oil, 1 Tsp Salt or to taste, ½ tsp Baking Soda (soda-bi-carb), 2 Tsp Tea leaves,

For Tempering

2" Piece of Ginger cut into Julians, 3 Green Chillies Slit lengthwise, 1 Tbsp Kashmiri red Chilli powder.

Preparation

- ϕ Soak Chole (White Gram) in water and soak it overnight. In the morning drain the water and keep aside the chick peas. Grind Onions to form a paste. Grind Tomatoes to form a puree. Make a Ginger garlic paste.
- ϕ Boil 2 Tsp of Tea leaves in 1 cup water. Strain it and keep aside.
- ϕ Mix all the Spice powder in a small bowl and keep aside. This way you will not forget any spice powder at the last moment.
- ϕ Heat Cooking Oil in the pressure cooker and add dry spices i.e. Cardamom, Cinnamon and cloves. Let it splutter. When the Dry spices are heated in goes the Onion paste. Sauté the paste on medium flame till it is of brown colour. Add a little water and it will prevent onion paste from burning.
- ϕ When the onions are done, add Ginger garlic paste to them. Sauté till fragrant.
- ϕ Now is the time to add Tomato puree. Add salt alongside as it will quickly make tomato soft and mushy.
- ϕ Stir in all the spice powders you mixed in a small bowl. Mix them well with the onion, tomatoes mixture. Sauté till the mixture leaves oil.
- ϕ Add drained Chole. Sauté for 2 min. Now add water to Chole. Approximately 4 times the quantity of Chole. The water should only cover the Chole and not more.
- ϕ Now let us have the Halwai effect. Add 1 cup of tea water to the Chole which is going to give the traditional black colour to them. After pouring tea water in pressure cooker, stir in Baking soda. You will see bubbles forming on the surface. This chemical reaction is going to bring out the real taste of Punjabi Chole.
- ϕ Now close the lid of the cooker and on high flame cook it till 8 whistles. Let the steam sit. Open the pressure cooker only after it has cool down completely. If Chole appear thick, add boiled water to adjust the consistency. Switch off the flame.
- ϕ Time to temper the Punjabi Chole. Take a small pan. Switch on the flame. When the pan is warm, add Desi ghee. Let it heat a bit and then add Ginger Julians and Slit green chillies. Sauté for 30 seconds switch off the flame.
- ϕ Immediately add Kashmiri red Chilli powder to the pan and quickly pour the 'tadka' over the cooked Chole.
- ϕ Serve hot with poori, Bhatuara, rice or whatever bread of your liking. For side onion rings dipped in lemon juice and any pickle make a sumptuous brunch on a Holiday.

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